

FERGUS GIRLS' BASKETBALL

Player/Parent HANDOUT

2025-2026 Season



Fergus Golden Eagles Girls Basketball

Welcome to the 2025-2026 Fergus Girls Basketball Season!

The following packet of information is designed to introduce players and parents to the guidelines and expectations of the Fergus Girls Basketball program. While at first glance this packet may seem a bit overwhelming, I have found that the more information provided at the start of the season, the fewer road bumps we will experience along the way. To that end, this manual is my attempt to orient our players, parents, and coaches to our program standards for the 2025-2026 basketball season.

COACHING STAFF INTRODUCTIONS

Thomas Webb
Head Varsity Coach

Jimmy Graham
Head JV Coach & Varsity Assistant

Head “Froshmore” Coach (C Squad) & Varsity Assistant
Jaymie Phillips

Vanessa Moen
Volunteer Assistant Coach

Roseanna Lear
Volunteer Weight Lifting/Fitness Coach

A LOOK AHEAD AT 2025-2026

I expect that this season will be an exciting year for girls' basketball here at Fergus. Obviously, we are very excited to be here and for the season to begin! The Eastern A Conference will be extremely competitive again this year. The majority of the girls did some really great offseason work this summer, and those not in a fall sport continued over the last few weeks. Our expectations this year will focus entirely on who we are as individuals, and who we are as a team. We will work very hard to qualify for the state tournament, but there are more important areas that we will emphasize on a daily basis. We will develop an incredible team culture that prioritizes a "we before me" attitude from top to bottom, and our primary goal is to nurture and protect that above all else. That includes playing hard, loving each other, and being great at what WE do. Our goal is to do those things a little better every day, and let the season's outcome take care of itself. If we stay consistent in our focus all season, results WILL take care of itself.

"Regardless of our individual talent, we will strive to blend together perfectly as a TEAM that our fans might be proud of our selflessness, our effort, our unity, and our commitment to doing our very best."

THE BIG THREE EXPECTATIONS FOR PLAYERS AND PARENTS

This packet of information is designed to make you familiar with the rules and expectations we have for our players this season. We also have high expectations for our parents because we know you play a vital role in the success of our program. We understand that we cannot succeed without the service and SUPPORT of our parents.

We would like to invite parents to participate in our culture this year.

1. **COMPETE!** - When our players hear this phrase, they understand that we expect them to do everything with great effort. Whether we are watching film, lifting weights, practicing, or playing a game - the expectation is to give our best effort at all times.

As parents to our team, we greatly appreciate all that you do to support our team and this program. Here are ways that your efforts can contribute to our players' experience:

- Be a crowd builder! Invite people to our games, bring people to our road games.
- Host or help provide a team meal.
- Be patient - Communicate - Supporting the coaching staff's decisions.
- Positively promote the program through social media.

You are the most influential voice representing our program to the public, and to your daughter. Please be good representatives of your daughters' efforts and respectful of their commitment to the TEAM.

2. **Love Each Other** - Love is a word that is not typically used in a sports context, but it is the best word to describe how we expect our players and coaches to interact with one another. The way we encourage, support, and appreciate one another is what makes the Fergus basketball experience special, and will allow us to reach our goals. We will be kind and caring to each other and celebrate the effort and contributions of every player at all times.
3. **Do What WE Do** - There are certain traditions that will be a part of who we are culturally. For example we will stand up and applaud/high five players as they come out of the game. We will run over and help our teammates up off the floor after a hustle play. We will huddle up on the floor during tense moments during the game and communicate and encourage each other. We will acknowledge a teammate that makes a great pass that allows us to score. We will make eye contact with coaches when they are speaking. These are the pillars of the "Fergus Way" and we will adhere to them in practice as well as games.

Keep in mind that basketball is an imperfect game, played, coached, and officiated by imperfect people. We trust that everyone is giving their best effort to succeed, but mistakes will be made! Therefore we ask that even when we miss a layup, call a bad play, or an official blows a call that we give our best effort to remain positive.

As coaches we will strive to demonstrate our commitment to this basketball team by building positive relationships with our players, by taking an interest in their lives outside of basketball, and by being organized and prepared for every practice and every game. We will be committed to our athletes to the extent that we expect them to commit to our program. And in the process we will enjoy the greatest reward of any profession out there - helping our young players develop into successful adults!

THE CORE FOUR

To go along with the Big Three expectations, the Core Four is what each player and coach will need to bring as an individual to every single game, every practice, really down to the micro of every drill. The importance of adhering to the Core Four can not be overstated. Players that do not, will not play for me.

1. **Be a Good Teammate** - This seems like it would be a no-brainer, but I have watched time and again as good teams get absolutely destroyed from the inside out because of one or two players that believe being ugly to each other is acceptable behavior. A dirty look, a snide remark, or bad body language, will all find you on the bench very quickly. (See #2 in the Big 3).
2. **Put the Team First** - To "put the team first" means prioritizing the needs, goals, and well-being of the group over individual desires or ambitions. It's an approach that emphasizes collaboration, selflessness, and dedication to a shared purpose. Here's what it typically entails:
 - **Supporting Teammates:** Putting personal recognition aside and helping others succeed, even if it means stepping out of the spotlight. This can involve mentoring, covering for someone else's weaknesses, or simply being reliable.
 - **Prioritizing Team Goals:** Aligning personal goals with those of the team. Instead of focusing on individual success, "team-first" players measure success by what the team achieves together.
 - **Sacrificing for the Group:** Being willing to make personal sacrifices for the greater good, such as taking on extra responsibilities, playing a different role, or making strategic decisions that benefit the team rather than the individual.
 - **Effective Communication:** Listening to others' ideas and input, keeping everyone informed, and working to resolve conflicts constructively. It means valuing each member's contribution and fostering an environment of trust.
 - **Accountability and Dependability:** Showing up prepared, fulfilling responsibilities, and admitting mistakes. Accountability builds trust within the group and reinforces the idea that everyone is invested in the team's outcome.

A "team-first" attitude fosters cohesion, creates an environment of mutual respect, and typically leads to stronger, more effective performance as everyone feels supported and motivated to contribute.

3. Don't Complain or Make Excuses - Not complaining or making excuses on a team is crucial for several reasons, all of which contribute to a healthier, more effective, and more cohesive group dynamic:

- **Fosters a Positive Environment:** Complaints and excuses can quickly create a negative atmosphere, which can spread and lower morale. By focusing on solutions rather than problems, team members help build a culture where positivity and constructive feedback are prioritized.
- **Builds Accountability and Trust:** When people refrain from making excuses, they demonstrate accountability. This builds trust, as teammates know that each person will take responsibility for their role and actions. Trust is essential for collaboration and effective communication.
- **Encourages Resilience:** A team that doesn't dwell on complaints or excuses is more resilient. Instead of getting bogged down by setbacks, such a team learns from mistakes, adapts, and moves forward. This mindset strengthens the team's ability to handle challenges effectively.
- **Protects Team Cohesion:** Complaining and excuse-making can lead to blame-shifting or finger-pointing, which can fracture relationships within the team. Avoiding these behaviors promotes harmony and mutual respect, strengthening the bond among team members.

In essence, when team members avoid complaints and excuses, they create a culture of responsibility, growth, and unity. This makes the team not only more productive but also more enjoyable to be a part of, leading to better outcomes and a stronger, more supportive environment for everyone involved.

4. Be On Time & Be Prepared - For a basketball team, being on time and prepared is especially critical because of the fast-paced, physically demanding nature of the sport. Here's why these qualities matter on a basketball team:

- **Ensures Full Practice Time:** When players arrive on time, the team can use every minute of practice to improve skills, work on plays, and build chemistry. Missing even a few minutes can disrupt the flow and prevent players from fully engaging in drills or team exercises.

- **Builds Trust in Each Player's Commitment:** Basketball is a game of constant movement and quick decisions, where players rely on each other to be in the right spots at the right times. Punctuality and preparation show teammates and coaches that you're fully committed, building trust in your dedication to the team's goals.
- **Prepares Players Physically and Mentally:** Basketball is physically intense, and showing up on time gives players the chance to warm up, stretch, and mentally focus before games or practice. Being prepared helps prevent injuries and allows players to perform at their best.
- **Shows Discipline and Professionalism:** Basketball coaches and teammates look for discipline in players, and punctuality is a simple yet powerful sign of discipline. Being reliable off the court by being on time and prepared often translates to being reliable on the court, where every second and every play can impact the game.
- **Sets a Winning Tone:** Basketball teams that are consistently on time and prepared develop a strong culture of accountability. This focus on doing the basics right – being on time, being ready, putting in the work – creates a mindset of excellence that can translate to better on-court performance.

In basketball, every player's actions impact the team's rhythm, whether during practice or games. Being on time and prepared means you're showing up fully engaged and ready to contribute to the team's success, setting the stage for growth, focus, and ultimately, winning.

“Championship players see themselves as part of a unified team working toward a common goal. They realize that everyone must be pulling in the same direction, otherwise the team will pull apart.”

Jeff Janssen, Sports Psychologist, University of Arizona

2025-2026 Season's Theme

This season we will focus on HOW we play and WHO WE ARE rather than being consumed with destinations we hope to visit along the journey. This is to recognize the PROCESS required to achieve our goals, to help us focus on ourselves rather than our opponents, and to reduce some of the outcome-based pressures that can complicate performance. That isn't to say that we won't be watching film clips and studying our scouting reports for each opponent, it means that our daily focus will be on how WE

become better, how WE hold ourselves accountable, and how WE continue to grow as a unit.

1. We choose the stories that we live. For example, during the season we can interrupt a bad practice (the obstacle) and make a decision as to how we want the story to end. Can we overcome whatever is challenging us on that day? Are we living a story that's worth telling today?
2. These stories forge who we are. We have Big Three key components to our cultural identity: Play Hard - Love Each Other - Do What We Do, that are supported by our individual Core Four: Be a Good Teammate - Put the Team First - Don't Complain or Make Excuses - Be On Time & Be Prepared. These stories become our DNA - they define who we are!
3. We have an opportunity to have a positive influence on coaches and players throughout the basketball program.

“Determine that the thing can and shall be done and then we shall find the way.”

Abraham Lincoln

Practice Policies

It is the belief of the coaching staff that the most critical component of our success on the court is practice. We will NEVER play better than we PRACTICE. Therefore it is critical that we practice with the same intensity and effort that we would expect to give in a game. That is the expectation and anything less is unacceptable. Everyone is expected to give 100% effort in every practice for the benefit of the TEAM. Each player must accept her role during practice and perform that role to the best of her ability. Because we believe that each player fulfills a vital role to the TEAM, all practices and film sessions are mandatory. Playing time is EARNED at practice. Therefore, it is absolutely essential that all players attend every practice. In order to reinforce this belief, we are instituting the following attendance policy:

Excused Absences Will Include:

- a. School Absence - If a player is absent for any portion of the school day that is not pre-approved by the office, the player will not be allowed to practice.
- b. School Functions - School functions that cannot be scheduled at another time will be excused. Students have many responsibilities in the classroom, and to other

activities. However, it is expected that players will schedule meetings, practices, test make-up, etc. around basketball practice whenever possible. Please notify the head coach in advance when potential schedule conflicts arise.

- c. Injury - If a doctor, because of injury, withholds a player from practice, she is still expected to come to practice to continue to learn and to encourage the TEAM. (Not the case for illness!) Players will not be allowed to resume participation until the head coach receives a written release from the player's doctor.
- d. Family Emergencies - Obviously, there are situations in life that we cannot always anticipate. However, if a player is going to miss practice for a family-related reason, a parent should contact the head coach before the beginning of practice if at all possible.

All other absences, unless specifically cleared by the head coach in advance, will be considered unexcused.

Consequences of Unexcused Absences: Unexcused absences and other disciplinary issues will be handled on an individual basis at the discretion of the coaching staff. Possible consequences include, but are not limited to, suspension, conditioning, temporary reduction of role, or dismissal from the team. Players who miss practice jeopardize their starting status and/or playing time.

*Players may not start the following game after missing a pre-game practice for any reason.

Important: These policies apply to all practices and film sessions. This includes weekend, holiday, and morning practices.

PRACTICE EXPECTATIONS

“Be where your feet are.”

In order for us to become the best team we are capable of being, we must make the most of our limited practice time. We expect our players to give maximum effort during every practice, and all film and weightlifting sessions. We expect all players to set aside any distractions from the day, (leave it at the gym door), and to focus solely on basketball during this time. As we have repeatedly said, players will be expected to work hard, care for their teammates, and pursue excellence within our system of play.

Below are the basic expectations we have for all athletes during our practice sessions:

Live and Protect Our Team Culture: The most important aspect of our basketball program is who we are, and who we become as a team. As previously mentioned, our most important values are **Play Hard - Love Each Other - Do What We Do**. We expect these values to permeate everything we do together as a team.

Concentrate: The primary focus during practice should be on BASKETBALL. I call this “Competitive Focus”. Your ability to hone this in practice is critical for our TEAM success during games. Research indicates that “concentrated repetitions” are the single most efficient way to learn motor skills. This means players must be AWARE of what their bodies are doing, and what they are supposed to be doing. When waiting in line or on the sidelines, players should still be LOCKED IN on what is being taught on the court.

Concentration Includes Active Listening: When a coach speaks, players are expected to listen with their full attention. Side conversations, interruptions, bouncing basketballs, or any other distractions will not be tolerated. EYE CONTACT should be given to coaches and teammates who are speaking at all times.

Effort and Attitude: Players are expected to give their best effort mentally and physically, while maintaining a positive, team first attitude at all times.

Encourage: Practices will be hard. They will be physically and intellectually demanding. Practices are intentionally designed to teach, to challenge, and to prepare. “*Nothing is ever accomplished without enthusiasm,*” so players are expected to be positive and to encourage one another, vocally and physically, for the good of the TEAM.

Service: Because we have players with a wide range of knowledge and experience, it is important that we take responsibility for each other when it comes to organizing our practices, drills, etc. **We must be in the habit of helping one another!**

When players VALUE practice time, practice time becomes more valuable!

SUBSTITUTIONS AND PLAYING TIME

Playing time on the Varsity level is always intended to allow us to field the best possible TEAM at all times. Though we typically rotate 7-8 players, the minutes assigned to each player may vary greatly from game to game. It is possible that some players may play the entire game while others share minutes as necessary. There are countless, unpredictable variables that affect substitutions on a game-by-game basis. We prefer to

settle into a regular rotation when possible, though that rotation can and will change throughout the season. Do not value starting above the needs of the TEAM, do not value playing time above the needs of the TEAM. This will only lead to frustration. Control what you can control; Attitude and Effort!

It is important to note that in order to be considered for varsity playing time, individual players must understand the responsibilities of their position, their role while on the court, and the game plan for that particular opponent before they will be inserted into a game situation. This knowledge is demonstrated in practice.

Varsity 3-Tier System

Starters - We will start each game with the five players who form the best TEAM. Basketball is played and won as a TEAM. The best individual players are NOT guaranteed to start. Prior experience as a starter does not guarantee anything. Earning a starting position will be based solely on each player's attitude, effort, and readiness achieved in that week's practice, and the matchup we face. Nothing more. All five spots are open for competition each week. As a team, and a program, we value TEAM success over starting status. You should too. Everyone has a role to play each week, but those roles are EARNED. We will use numerous lineups over the course of the season, get used to that mindset now. What we accomplish together as a TEAM is far more important than the individual recognition one receives when starting.

Rotation Players - Rotation players may be regularly substituted into the lineup to keep starters fresh, relieve foul trouble, or to add a new dimension to the TEAM (rebounding, shooting, running the floor, matchups, etc.). Rotation players must be prepared to play starter minutes every night. Their minutes may be widely unpredictable night in and night out. They must be prepared to take the place of a starter in the event of injury or foul trouble. Rotation players will be expected to play with the same enthusiasm and effort as if they had started the game. They must understand that on some nights they will be asked to play 20 minutes or more, while other nights they may play sparingly, or not at all. The interest of the TEAM must come before any player's individual desire for playing time for us to be successful. *In that regard, if you are a swing player, the staff will work hard to maximize your quarter usage at the JV level with an eye on increasing your skills and readiness at the varsity level. If you don't play much in the JV game, we likely have a plan to use you more in the Varsity game. Be ready.

Reserves - The remaining players who do not find themselves in the regular rotation play a vital role to the varsity TEAM. Though they may not receive as much playing time as the other varsity players, they have many critical responsibilities that benefit the

TEAM. Varsity playing minutes will be limited, but your value to the team is critical in other ways. Undoubtedly, there will be situations during the season when our reserves will be asked to play in crucial situations and they must always be ready.

Important - Starting positions are not guaranteed. They do not BELONG to an individual player. Rotation players will move into starting roles. Reserve players will move into the regular rotation. For our program to improve, we must continue to COMPETE for these positions every day, in every practice. I cannot stress this enough!

Sub-varsity teams will have a slightly different policy, in that everyone will get in those games for at least a few quality minutes.

I run a very high-paced, up tempo offense and defense, fresh legs are required! Quality minutes for starters and rotation players will not be an issue. Reserves will need to earn extra time on all teams through practice.

“The only real nobility is in being superior to your former self.”

Ralph Waldo Emerson

PARENTS & PLAYING TIME

As a general rule, the coaching staff is reluctant to discuss playing time issues with parents. I can assure you that we have thought thoroughly through every decision we make in regard to our strategy, practice planning, game planning, and playing time/matchups. Understand that our responsibility is to do what's best for the TEAM. Often that will require individual sacrifices from individual players on the TEAM.

That being said, if a player is frustrated by a lack of playing time, encourage your daughter to talk to her coaches. We do a weekly check-in with each player on a 1 on 1 basis. These are the times to have this conversation about playing time, or any other concerns. We would prefer to frame that conversation around the following questions:

1. What can I do to improve as a player?
2. What can I do to help the team?
3. What can I do to make my teammates better?

If a conversation about playing time cannot be resolved with the staff communicating with the player directly, which must always come first, then a parent/coach, in person

meeting with the head coach (and the coach of the team your daughter plays on) can be set. Please contact me directly to set this meeting. **ALL discussions with parents about playing time must go through the head coach, not my assistants.**

That being said, basketball is probably my favorite thing to talk about, so if there are any specific questions you have about why we do what we do, I am more than willing to share the theory behind our system. My one caveat, and it would apply to playing time conversations as well, would be that these conversations take place at the appropriate time and place, and follow the 24-hour rule. Immediately before or following a game, or at practice, is not the ideal time to approach the coaching staff about your concerns. Please remember that I value your daughter and her contribution to this TEAM, and I also value our relationship as coach and parent. I've been there, and I understand.

“Achieving excellence requires a great deal of hard work.”

Jim Tressel - The Winners Manual

A Deeper Dive Who Starts & Who Plays

Just so there is no confusion on my program philosophy, I want to provide you with insight into how we will go about making the decisions that we do. Above all else, the most important part of our program is the TEAM. Everyone has an equal commitment to, and responsibility for, the TEAM and our culture. For some this role will be as a starter, for others it may be as a reserve who plays little in games, but who provides a quality effort in every practice to prepare us for our next opponent. These players are no less critical than the girls getting their names called that particular week! We all must realize the importance of fulfilling our role to the best of our ability for the good of the TEAM. Listed below are the criteria we have set as a coaching staff in relation to playing time:

The best players at each position that form the best TEAM against that week's opponent will start. We will play our best players, no matter which grade they are in school. This will be directly determined by a player's practice performance in all phases, and not by a player's potential, past experience, etc.

However, the best players may **FORFEIT** their starting position or playing time for many reasons including, but not limited to, not adhering to our values listed in our **Big Three** and **Core Four**. Make no mistake, if you are not living by that code, you will not play for me, regardless of experience or potential.

Other variables influencing starting positions and playing time decisions include:

An individual's hustle, attitude, and work ethic in practice, the weight room, and watching film. We expect players to perform in practice as they would in a game. Right behind ATTITUDE, is EFFORT. I expect our team to outplay the other team every single time we take the floor. If you can't do it in practice, I can't trust you to do it in the game.

An individual's health & injury status. We want to be successful, but we must always consider the health of our athletes, especially in relation to the amount of season that is left. When in doubt, we will err on the side of safety to protect the health and well-being of the individual athlete.

An individual's ability to perform the responsibilities of their position. This includes understanding her job, and executing it to the best of her ability. Because of the up-tempo style that we play, it will also include your individual conditioning. If you aren't getting the reps needed in practice to maintain a high level of intensity for several minutes at a time, put in the extra effort to do so before or after practice. Players must be aware of their role, and must perform that role at a high level. When on the bench, this also includes being aware of what offensive and defensive strategies are being employed should you be substituted into the game. Pay attention to what is happening on the floor!

The Five *Fundamental* Requirements one must demonstrate to play varsity basketball are:

- An ability to get back on defense and play with high intensity.
- An ability to stay in front of an offensive player and sustain help side
- An ability to handle the basketball reliably (dribbling, passing, catching)
- Mastery of the playbook, and of the player's individual responsibilities within our system.

“Teamwork is the ability to work together toward a common vision. It is the FUEL that allows common people to attain uncommon results.”

Playing Time Disqualifiers

- Breaking TEAM rules for game-day expectations, conduct at school, practice attendance, walkthroughs, film sessions, etc.

- Demonstrates lack of effort - usually evident on DEFENSE by not sprinting the floor, staying low, or not taking care of help side responsibilities.
- Does not understand or execute the responsibilities of her position. Players must know WHAT they are supposed to do offensively and defensively at all times. Those who do not know their responsibilities will not play until they do.
- Players must demonstrate enthusiasm for the TEAM while on the bench! Those players who do not applaud their teammates' effort, or do not demonstrate that they are "into the game" (paying attention to the game, during timeouts, etc.) will not be substituted into the game. I may not catch it during the game, but this is something that I watch when I'm breaking down film, or watching the subvarsity games.
- Displaying ANY attitude detrimental to the TEAM in practice, on the bench, in the locker room, on the bus, etc. Players MUST put the TEAM FIRST in all situations. Those that complain or speak negatively of their teammates or coaches may disqualify themselves from playing in the game.
- Failure to manage frustration. When athletes allow frustration to fester, their performance will inevitably decline. This is detrimental to the team's ability to compete and will result in a substitution until the player has regained control of her emotions. This goes for an error made by you or a teammate, an official making a call that you don't like, a play call that you don't like, or even a practice drill that you don't want to run. Always maintain the Big Three and the Core Four!
- Showing disrespect toward coaches, teammates, officials, or our opponents. We are a class organization and program at all times.
- Violation of the Big Three or the Core Four.
- Violating the schools eligibility and code of conduct policy.

*****These behaviors WILL result in immediate substitutions during game situations. Regardless of score, skill, or player; if you violate any of these rules you will forfeit playing time and/or a starting position. It is vital that every player understands these policies.**

Game Day Expectations

Game Day Dress

There are two important values that are communicated by how we dress for game days, and regardless of what we do on a specific day, these values will be communicated in what we wear.

Unity - All players will be dressed the same to demonstrate we are a team, and that game day is special.

Basketball is important - Therefore, we will not dress like everyone else on game days. We will set ourselves apart by what we wear.

That being said, we do not all come from the same economic background.

Road Games - For road games we will typically wear our one of our Fergus travel gear sets to school and on the bus to and from games. This will be coordinated prior to game day to ensure everyone is on the same page.

Home Games/ Rivalry Games/ Tournament Games - We will “dress up” for school. I define this to mean NO JEANS OR SWEATS, and no T-shirts or tennis shoes. Don’t go out and break the bank, slacks or a skirt and a nice top will be fine.

We may deviate from these standards at times, for example we may wear team shirts and jeans to school at some point, but this is our standard plan and will always be discussed at the practice prior to game day.

Varsity players are expected to attend JV games prior to changing in the locker room. These games provide an excellent opportunity to see what offenses and defenses an opponent may employ in the varsity game, and it is encouraging to the JV players. When attending these games, we expect the varsity players to sit together and stay off of their cell phones. Those not suiting up for the varsity game will be expected to sit behind the team bench and watch/cheer and stay engaged. Again, there will be no cell phone use during the game.

On some occasions, players will be required to arrive early to varsity contests for film review. We will be preparing our minds to play basketball during this time.

Walk Through - Frequently prior to Saturday and tournament games we will have players arrive early for a walk through and shoot around. We use this time to shoot and review offense/defense strategies and scouting reports for the upcoming games. Players are expected to be on the court, with practice jerseys and shoes on, at the assigned time. This will be communicated at the practice prior to game day.

Bus Time - DO NOT BE LATE FOR THE BUS. Arrange to be boarding the bus five minutes before the scheduled departure time. Communicate with each other.

Players will be required to ride to and from away games on the bus. Family emergency or special circumstances will take precedence, but other than those few instances where this would be required, this is our bus policy. That being said, there are times that I will make a prior announcement that you may sign your child out at the office prior to our departure, these may include, the tip-off tourney, a school night road game, and the final night of the end of season tournaments. I will announce these opportunities at the beginning of the week. Other than those pre-arranged or emergent circumstances, plan on riding the bus to and from road games.

All parents and athletes are expected to be aware of the student handbook policy and procedures, and the resulting disciplinary actions. They will take precedence over any team rule, policy, or expectation.

Let's have a great season! Go Eagles!